

# SAN JUAN WELLNESS CENTER

## JANUARY 2012 FITNESS CLASS SCHEDULE

BEGINNING January 1, 2012

### LIVE INSTRUCTIONAL CLASSES\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am ZUMBA <i>Beth Millward</i>	5:30am Body Sculpt <i>JoAnna Bethea</i>	5:30 am STEP <i>Spring Berrett</i>	5:30am Body Sculpt <i>JoAnna Bethea</i>	5:30am ZUMBA <i>Kd Perkins</i>	
8:00 am Step / Kick <i>Spring Berrett</i>	8:30 am Yoga <i>Lynette Stevens</i>	8:00 am Step / Kick <i>Spring Berrett</i>	8:00 am Yoga <i>Lynette Stevens</i>	8:00 am STEP <i>Spring Berrett</i>	8:00am ZUMBA <i>Beth Millward</i>
9:15 am Body Sculpt <i>JoAnna Bethea</i>		9:15 am Body Sculpt <i>JoAnna Bethea</i>		9:00 am PiYo <i>Spring Berrett</i>	
5:15 pm ZUMBA <i>Kd Perkins</i>		5:30 pm ZUMBA <i>Kd Perkins</i>		5:30 pm ZUMBA <i>Kd Perkins</i>	
6:00 pm Low-Impact Aerobics & Toning <i>Deb Bayles</i>			6:00 pm Low-Impact Aerobics & Toning <i>Deb Bayles</i>		
	7:00 Yoga <i>Sloane</i>		7:00 Yoga <i>Sloane</i>		
8:00pm Double Step <i>Jen Keith</i>	8:00 pm ZUMBA <i>Beth Millward</i>	8:00pm Boot Camp <i>Jen Keith</i>	8:00 pm ZUMBA <i>Beth Millward</i>		

*\*Instructional classes are subject to change due to participation.*

The following video classes are also available: Zumba, Jillian Workout, Pilates, & Turbo Jam. Please see master schedule for these video class times. Videos workouts can also be done during the aerobic/dance room scheduled open times.